



DAVIS COUNTY HEALTH DEPARTMENT

Mailing Address:
PO Box 618
Farmington, Utah 84025

For Immediate Release:
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Contact:
Bob Ballew
Public Information Officer
Office: (801) 525-5175
Cell: (801) 510-5710

Administration

Lewis R. Garrett, M.P.H.
Director of Health
22 South State Street
Clearfield, UT 84015

Environmental Health Services Division

David W. Spence,
M.B.A., E.H.S.
Associate Director
22 South State Street
Clearfield, UT 84015

Family Health & Senior Services Division

Sally Kershisnik,
R.N., M.P.A.
Associate Director
22 South State Street
Clearfield, UT 84015

Communicable Disease & Epidemiology Division

Brian E. Hatch,
M.P.H., E.H.S.
Associate Director
22 South State Street
Clearfield, UT 84015

News Release

Caregiver Educational Classes Offered In Davis County

(Clearfield, Utah) – Davis County Health Department's Family Caregiver Support Program is offering a six-week series of classes for individuals caring for family members who are older or frail. These classes are free to the public. Individuals may attend at anytime during the series.

Presenters will discuss various topics such as caregiver burnout, chair friendly exercises, and advanced directives.

The one hour classes will be offered on Tuesdays starting March 19 at Legacy Village Retirement Living dining room (1201 N. Fairfield Road, Layton) at 10 a.m. or Thursdays starting March 21 at the Legacy House of Bountiful (79 E. Center St., Bountiful) at 10 a.m. The class series ends Tuesday, April 23, or Thursday, April 25. Light refreshments will be provided at all of the classes. Attendees must RSVP by each Monday at noon.

For more information or to RSVP, contact Megan Forbush at (801) 525-5088.

Davis County Health Department's Senior Services thanks the following agencies for helping to sponsor these classes: Legacy Village, Legacy House of Bountiful, South Davis Home Health and Hospice, Hospice for Utah, Burchcreek Homecare and Hospice, Vista Care Hospice, and Hospice Care of Northern Utah.

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Caregiver classes scheduled at the Legacy Village, Layton:

Date	Topic	Presenter
Tuesday, March 19, 10 a.m.	Caregiver Burnout	Jennie Fry – Burchcreek Homecare and Hospice
Tuesday, March 26, 10 a.m.	50/80 Talk	Heather Potokar – Hospice for Utah
Tuesday, April 2, 10 a.m.	Chair Friendly Exercises	Megan Forbush and Jessica Hardcastle – Davis County Senior Services
Tuesday, April 9, 10 a.m.	Put a Spring in Your Step: Strength, Balance, and Posture	CJ Benson and Denise Cook – South Davis Home Health and Hospice
Tuesday, April 16, 10 a.m.	Advanced Directives	Vista Care Staff – Vista Care Hospice
Tuesday, April 23, 10 a.m.	Mindfulness	Angela Shumway – Hospice Care of Northern Utah

Caregiver classes scheduled at the Legacy House of Bountiful, Bountiful:

Date	Topic	Presenter
Thursday, March 21, 10 a.m.	Caregiver Burnout	Jennie Fry – Burchcreek Homecare and Hospice
Thursday, March 28, 10 a.m.	50/80 Talk	Heather Potokar – Hospice for Utah
Thursday, April 4, 10 a.m.	Chair Friendly Exercises	Megan Forbush and Jessica Hardcastle – Davis County Senior Services
Thursday, April 11, 10 a.m.	Put a Spring in Your Step: Strength, Balance, and Posture	CJ Benson and Denise Cook – South Davis Home Health and Hospice
Thursday, April 18, 10 a.m.	Advanced Directives	Vista Care Staff – Vista Care Hospice
Thursday, April 25, 10 a.m.	Mindfulness	Angela Shumway – Hospice Care of Northern Utah

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